

Fremont Family Resource Center

Workshop & Support Group Calendar

City of Fremont, Human Services Department

39155 Liberty St., Fremont, CA 94538 (510) 574-2000

www.fremont.gov/Community/FamilyResourceCenter

October -December 2009



SUPPORT GROUPS

Afghan Women's Support Group

Women discuss daily challenges and learn to make jewelry.

Sponsor: Afghan Coalition

When: Tuesdays, 1 - 3 p.m.

Where: FRC #D460

Contact: Seema Farhad, 510-745-1680

Asian Women's Support Group

Sponsor: Herald Family Rebuilding Center

When: July 26, Aug 30, Sept 27
Sunday, 2:30 – 5:30 p.m.

Where: FRC #C320, Enterprise Room

Contact: Ann Zhou or Katie Chen,
510-790-3366

Domestic Violence Support Group

Drop-in support group for women.

Sponsor: SAVE

When: Tues & Thurs, 7 – 9 p.m.

Where: FRC #C320, Enterprise Room

Contact: SAVE Office 510-574-2250

Fremont Autism Support Group

For parents of children 0-8 years old who have Autism Spectrum Disorder.

Sponsor: Family Resource Network,
4C's of Alameda County &
First 5 Alameda County

When: 3rd Wednesdays, 6:30-8:30 pm

Where: FRC #C320, Enterprise Room

Contact: Family Resource Network
510-547-7322

Teen Support Group

Weekly group for teens aged 13-17 challenged by gangs, drugs or alcohol.

Sponsor: Youth on the Move

When: Thursdays, 7:30 - 9 p.m.

Where: FRC #H810, Mediterranean

Contact: Leticia Moreno, 510-472-2498

Tri-Cities Peer Support Group for Persons with Disabilities

Drop-in peer support group for persons with disabilities to share information and resources, to learn about other agencies in our community and their services, and to socialize and get support. Please come join us!

Sponsor: CRIL

When: Oct 6, Nov 3 & 17,
Dec 1 & 15, 2 - 3:30 p.m.

Where: FRC #H810, Mediterranean

Contact: Kelly Harp, 510-794-5735

WRAP - Wellness Recovery Action Plan Group (PEERS)

Weekly group for mental health/dually diagnosed clients.

Sponsors: Tri-City Community Support and PEERS (Peers Envisioning and Engaging in Recovery Services)

When: Fridays, 10 a.m. - 12 p.m.

Where: FRC #H810, Mediterranean

Contact: 510-795-2478

WORKSHOPS

4C's of Alameda County

(Community Child Care Coordinating Council)

Classes are for child care providers.

Daily Routines with Infants

When: Nov. 3, 7-9pm

Contact: Pam Buckholz 510-584-3114

Don't Let the Flu Bug You – Or your Child Care Provider

When: Nov. 4, 7-9pm

Where: FRC #H800, Pacific

Contact: Evelyn Chen 510-690-2155

Business of Family Child Care

When: Nov. 10th, 17th, 24th, 7-9pm

Where: FRC # A130, Nova

Contact: Pam Buckholz 510-584-3114

Chinese Support Group for Child Care Providers

When: Nov. 12, 7-9:30pm

Where: FRC #A120, Millennium

Contact: Iris Lin 510-584-3117

Covering your Assets in Family Childcare

When: Nov. 19, 7-9pm

Where: FRC # A130, Nova

Contact: Pam Buckholz 510-584-3114

Getting Children on College Prep Track - #1

When: Dec. 7, 7-9pm

Contact: Linda Bringman 510-584-3133

Herald Family Rebuilding Center

Parenting Class – Mandarin

國語親子課

Parents with kids ages 0-5 are invited to explore and discuss important issues in discipline, communication, and anger management.

When: Oct 8th & 15th
10 a.m. – 12 p.m.

Where: FRC #C320, Enterprise Room

Cost: \$5/person

Contact: Ann Zhou or Katie Chen,
790-3366

Please contact Herald Family Rebuilding Center for more workshop information.

Community Resources for Independent Living (CRIL)

Housing Workshop for Persons with Disabilities

An introduction to the process of searching for below market rate rental housing in the county. Come and get tips, advice, and support to help start your search. Open to persons with disabilities and their families or caregivers. Call to reserve a space!

When: Oct. 29, Nov. 19, Dec. 17
2 – 3:30 p.m.

Where: FRC #H810, Mediterranean

Contact: CRIL's Tri-Cities Workshop Line,
510-257-5943

Surviving State Benefit Cuts Workshop

Explain program cuts and how to appeal and preserve these services, whenever possible.

When: Oct. 20th, 1-4pm

Where: FRC #H800, Pacific Room

Contact: CRIL's Tri-Cities Workshop Line,
510-257-5943

Reservations requested. Bring all received Action Notices to workshop.



Disability Action Network

People with disabilities who work together for better health care, access, housing and other changes.

When: 1st Tuesdays, 3:30 - 5 p.m.

Where: Fremont Main Library
2450 Stevenson Boulevard
(Van Doorn or Fukaya Room)

Contact: Vicki, 792-3792
Jessica, 881-5743

FRC Family Economic Success Program

Credit Repair & Money Management

Learn how you can legally remove derogatory credit from your credit report, deal with rude collectors, rebuild your credit profile, and get your own credit report. Registration required.

When: Oct. 16, Nov. 20, or Dec. 18
1 - 3 p.m.

Where: FRC #A120, Millennium Room

Contact: 510-574-2020 to register

Food Stamp Enrollment Clinics

Need money for groceries? If you make less than \$1174 a month (or \$2,389/month for a family of four), have less than \$2,000 in the bank, have one U.S. citizen or legal permanent resident in your household, you may be eligible for food stamp benefits. Call for more information or to make an appointment.

When: Call for current clinic dates

Where: FRC Welcome Center

Contact: FRC, 574-2000

Financial Counseling

Counselors are available to assist you with your financial planning, credit issues, credit repair, debt reduction, banking services, saving & budgeting strategies, and retirement planning.

When: By appointment only

Where: FRC Suite #A110

Contact: Carolyn Robertson, 574-2020

Tax Service

Free tax assistance with filing previous years' taxes, and IRS advocacy and resolution.

When: By appointment only

Where: FRC Suite #A110

Contact: Carolyn Robertson, 574-2020

Money Smart Learning Workshops

Basic financial education program to help individuals improve their money skills, understand savings, borrowing, credit reports, and use banking services

effectively. Will help build financial knowledge and confidence. Registration required.

When: Sat, Oct 17 & 24, 8:30am-4pm

Where: FRC #A120, Millennium Room

Contact: 510-574-2020 to register

Mortgage Foreclosure Prevention

Conducted by Project Sentinel.

When: Oct. 28th, 4-6pm

Where: FRC #H800, Pacific Room

Contact: 510-574-2020 to register.

Safe Alternatives to Violent Environments (SAVE)

Temporary Restraining Order Clinic

Drop-in assistance for domestic violence victims who want help with TRO applications. Clinics closed on court holidays. Call for complete schedule.

SAVE Business Office: 574-2250

SAVE 24-Hour Hotline: 794-6055

CityServe Compassion Network

Momma's 'Time Out'

A casual time for mother's of small children to hang out in a supportive environment while enjoying coffee, tea and refreshments. There is FREE childcare with this one hour gathering in partnership with Discovery Cove. Must reserve spot.

When: Every Other Wednesday
beginning Oct. 14th, 11-12pm

Where: FRC #H830, Caribbean

Contact: Call 510-796-7378 to RSVP

FREE Yoga Class

Yoga Instructor Henry Abuda is offering a free class every Friday for all levels. Come with towel/mat, loose clothing and water.

When: Friday nights, 7-8:30pm sharp.
Arrive 10 minutes early to register.

Where: FRC # H800, Pacific Room

Contact: RSVP 510-796-7378

Tri-Cities One-Stop Career Center - EDD

Job Search Services

This is a self-directed career resource center with access to internet, computers, laser printer, phones, fax machine, and copier; current job openings, Job Fairs, and reference materials. Monthly Calendar is available at the front desk. EDD Main: 510-794-3669

Basic Internet for Job Seekers class

Learn Internet tools for your job search. Selected Tuesdays, 8:30 – 10 a.m.

Training Resource Orientation

Covers California Training Benefits and Trade Adjustment Assistance (TAA). Wednesdays, 2 -3 p.m.

One-Stop Orientation

Overview of all programs/services. Alternating Thursdays, 9 -10 a.m.

CalJOBS Resume

Professional assistance with entering your resume into CalJOBS. Tuesday, 9:30 - 10:30a.m.

ProNet is a non-profit network for professionals who are job hunting.

Must arrive 20-30 minutes before workshop in FRC Suite #B200.

ProNet Orientation/Job Prep

Mondays, 9 a.m. – 12 p.m.

ProNet/Basic Job Search

Tuesdays, 9 a.m. – 12 p.m.

ProNet Basic Resume

Wednesdays, 9 a.m. – 12 p.m.

ProNet Basic Interview

Thursdays, 9 a.m. – 12 p.m.



SEEDS Community Resolution Center

Conflict Resolution Skills – 2 day training

We cultivate common ground and help people resolve conflict in our diverse communities through mediation, facilitation and training.

When: November 7th & 8th, 9-5pm

Where: FRC #H800, Pacific Room

Cost: \$150.00/person. Full and partial scholarships available. No one turned away for lack of funds.

Contact: 510-548-2377 or
info@seedscrc.org